What's a portion?

**SMALL FRESH FRUIT**
Two or more small fruits, e.g., two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries.

**MEDIUM FRESH FRUIT**
One piece of fruit, such as one apple, banana, pear, orange or nectarine.

**LARGE FRESH FRUIT**
Half a grapefruit, one slice of papaya, one slice of melon, one large slice of pineapple or two slices of mango.

**TINNED OR CANNED FRUIT**
The same quantity as a fresh portion, e.g., two pear or peach halves, six apricot halves or eight segments of tinned grapefruit.

**GREEN VEGETABLES**
Four broccoli florets or four heaped tablespoons of cooked kale, spinach, spring greens or green beans count as one portion.

**COOKED VEGETABLES**
Three heaped tablespoons of cooked vegetables, such as carrots, peas or sweetcorn, or eight cauliflower florets.

**SALAD VEGETABLES**
A 5cm piece of cucumber, one medium tomato or seven cherry tomatoes count as one portion.

**BEANS AND PULSES**
Three heaped tablespoons of beans counts as one portion. However much you eat, beans and pulses counts as a maximum of one portion.